

# GROUP EXERCISE SCHEDULE

# AUGUST 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1</b> YOGA WITH WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER AEROBICS 11AM Diane ZUMBA FOR BOOMERS 5:30PM Lynn	<b>2</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey/Diane CHAIR YOGA 11AM Pinush INTERMEDIATE YOGA 4PM Carmen	<b>3</b> YOGA W/ WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER ZUMBA 11AM Diane ZUMBA GOLD 5:30PM Saleemah	<b>4</b> SUNRISE YOGA 8AM Mary/Shirley WATER EXERCISE 9:30AM Stacey FIT 9:15AM Alexis STRETCH FLOW 11AM Diane INTERMEDIATE YOGA 4PM Carmen	<b>5</b> CYCLE FUSION 8:15AM Melisa GENTLE YOGA 9:15AM Carmen ZUMBA FOR BOOMERS 10:30AM Lynn
<b>6</b>	<b>7</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey CHAIR YOGA 11AM Elaine STRETCH FLOW 3:30PM Diane	<b>8</b> YOGA WITH WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER AEROBICS 11AM Diane ZUMBA FOR BOOMERS 5:30PM Lynn	<b>9</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey/Diane CHAIR YOGA 11AM Pinush INTERMEDIATE YOGA 4PM Carmen	<b>10</b> YOGA W/ WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER ZUMBA 11AM Diane ZUMBA GOLD 5:30PM Saleemah	<b>11</b> SUNRISE YOGA 8AM Mary/Shirley WATER EXERCISE 9:30AM Stacey FIT 9:15AM Alexis STRETCH FLOW 11AM Diane INTERMEDIATE YOGA 4PM Carmen	<b>12</b> CYCLE FUSION 8:15AM Melisa GENTLE YOGA 9:15AM Carmen ZUMBA FOR BOOMERS 10:30AM Lynn
<b>13</b>	<b>14</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey CHAIR YOGA 11AM Elaine STRETCH FLOW 3:30PM Diane	<b>15</b> YOGA WITH WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER AEROBICS 11AM Diane ZUMBA FOR BOOMERS 5:30PM Lynn	<b>16</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey/Diane CHAIR YOGA 11AM Pinush INTERMEDIATE YOGA 4PM Carmen	<b>17</b> YOGA W/ WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER ZUMBA 11AM Diane ZUMBA GOLD 5:30PM Saleemah	<b>18</b> SUNRISE YOGA 8AM Mary/Shirley WATER EXERCISE 9:30AM Stacey FIT 9:15AM Alexis STRETCH FLOW 11AM Diane INTERMEDIATE YOGA 4PM Carmen	<b>19</b> CYCLE FUSION 8:15AM Melisa GENTLE YOGA 9:15AM Carmen ZUMBA FOR BOOMERS 10:30AM Lynn
<b>20</b>	<b>21</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey CHAIR YOGA 11AM Elaine NUTRITION CLASS 12:15PM STRETCH FLOW 3:30PM Diane	<b>22</b> YOGA WITH WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER AEROBICS 11AM Diane ZUMBA FOR BOOMERS 5:30PM Lynn	<b>23</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey/Diane CHAIR YOGA 11AM Pinush INTERMEDIATE YOGA 4PM Carmen	<b>24</b> YOGA W/ WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER ZUMBA 11AM Diane ZUMBA GOLD 5:30PM Saleemah	<b>25</b> SUNRISE YOGA 8AM Mary/Shirley WATER EXERCISE 9:30AM Stacey FIT 9:15AM Alexis STRETCH FLOW 11AM Diane INTERMEDIATE YOGA 4PM Carmen	<b>26</b> CYCLE FUSION 8:15AM Melisa GENTLE YOGA 9:15AM Carmen ZUMBA FOR BOOMERS 10:30AM Lynn
<b>27</b>	<b>28</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey CHAIR YOGA 11AM Elaine STRETCH FLOW 3:30PM Diane	<b>29</b> YOGA WITH WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER AEROBICS 11AM Diane ZUMBA FOR BOOMERS 5:30PM Lynn	<b>30</b> SUNRISE YOGA 8AM Mary CYCLE FUSION 8:15AM Melisa WATER EXERCISE 9:30AM Stacey/Diane CHAIR YOGA 11AM Pinush INTERMEDIATE YOGA 4PM Carmen	<b>31</b> YOGA W/ WEIGHTS 8AM Shirley CYCLE FUSION 8:15AM Melisa FIT 9:15AM Alexis CHAIR YOGA 11AM Pinush WATER ZUMBA 11AM Diane ZUMBA GOLD 5:30PM Saleemah		

FOR MORE INFORMATION T 760.510.3123 • WWW.STMARKGOLF.COM/FIT

EVENTS & TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE



## FREE FITNESS CLASS

\*With the purchase of 9 classes at our state of the art fitness center

Contact Pam Hepler at [phepler@lakehousehotelandresort.com](mailto:phepler@lakehousehotelandresort.com) for more details

**ZUMBA GOLD** *Gallery Room*

Specially designed Zumba class for active, older adults using easy-to-follow movements with a variety of music. Beginners welcome.

**CHAIR YOGA** *Gallery Room*

For body, mind & soul using a chair for support. Get a great stretch and learn ways to improve your flexibility in safe way! This class has many variations based on students needs.

**SUNRISE YOGA** *Gallery Room*

A unique early morning yoga class that will strengthen your back as well as your core. Includes many poses that will increase flexibility in the hamstrings and hips.

**YOGA WITH WEIGHTS** *Gallery Room*

A wonderful class with a flow that is perfect for all levels, using light weights to add strength training, for the perfect combination.

**PILYO** *Gallery Room*

A unique blend of Pilates and Yoga using light weights with high repetitions to help you build long and lean muscles. Wonderful for all levels.

**WATER EXERCISE** *Lodge Adult Pool*

Movement in water to increase strength and flexibility with a variety of aerobics and Zumba

**F.I.T.** *Gallery Room*

Functional Interval Training. Combination workout with stability balls, resistance bands, and your own bodyweight to create a great strength and cardio challenge!

**CYCLE FUSION** *St. Mark Legends Room*

30-45 minutes of cycle followed by strength training, core or stretching

**WATER ZUMBA** *Lodge Adult Pool*

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

**ZUMBA FOR BOOMERS** *Gallery Room*

Latin-inspired dance fitness class for all ages. Movements are a bit faster than Zumba Gold. Everyone is welcome.

**INTERMEDIATE YOGA** *Gallery Room*

Intermediate Yoga is designed for students who have a greater understanding of basic yoga postures, fundamentals, principals of breath along with the practice of healthy alignment in posture and start to explore a wider variety of poses and styles.

**GENTLE YOGA** *Gallery Room*

Gentle Yoga is designed to ease you into your day with traditional yoga poses to help balance your body and mind.

**NUTRITION CLASS** *St. Mark Trophy Room*

Shred 10 unhealthy habits for your health! Find out how and why this is important for your health! There will be a food demo and we'll prepare a plant based, gluten/dairy free meal together! Cost - \$5.00

**For More Information  
Regarding Memberships:**

☎ 760.510.3123 • [www.stmarkgolf.com/fit](http://www.stmarkgolf.com/fit)

**Elaine Bryan** is a registered yoga teacher through the nationally recognized Yoga Alliance, an organization which registers teachers based on their education and experience in teaching various types of yoga. She has been honored to teach yoga in group classes as well as individual, private yoga sessions for over six years.

**Diane Bultemeier** has certifications in Zumba, Yoga, and a variety of cardio based classes. Come to her class and enjoy her judgment free environment to health and happiness.

**Carmen Charriere** is a Yoga Instructor with her emphasis on breath, posture, strength and balance. Her Intermediate Yoga class will leave you feeling strong and healthy!

**Pinush Chauhan** is a yoga instructor who specializes in senior yoga, including chair yoga and peaceful practices for mind, body and soul.

**Mary Griffith** has been belly dancing and teaching all levels of yoga since the early 1980's. Her experience includes being a yoga mentor and a dance choreographer in a variety of schools and performances.

**Shirley Gudmundson** is a yoga instructor that practices Yoga for Seniors, and Therapeutic Yoga with a focus on Advanced Gentle classes.

**Alexis Lacey** is a personal trainer (NESTA certified) She is also aqua fitness instructor/shallow water lifeguard certified, a group fitness instructor, a Zumba instructor, and an all over fitness enthusiast! She has worked at private gyms, corporate gyms and independently with athletes, military personnel, professional athletes, pregnant women, children, and the elderly.

**Lynn Morgan** has studied dance in Canada, Hawaii & California. She has taught dance exercise for more than 15 years. Lynn's classes are ideal for those of us of a "certain age" who want our exercise class to be fun!

**Stacey Young**, has been a certified Aquatic Fitness Professional for nearly 15 years and has been teaching our water exercise classes here at St Mark for most of that time.

**Melisa Korry** has created fun inspiring classes where she invites her students to have fun, sing out loud, work hard but enjoy everything yoga and fitness offers. She received her certifications in Group Fitness and Indoor Cycling as well as her RYT 200 hour yoga teacher certification.